

# GLUTEN-FREE HUMMINGBIRD CAKE



This week's recipe of the week has been shared by Janine Whitling of [Living Food Wise](#). A delicious gluten-free pineapple, banana, and honey cake with honey buttercream.

**Prep time:** 25 minutes

**Cook time:** 35 minutes

**Serves:** 12

## INGREDIENTS

### Cake

2 medium *bananas*, mashed

1/4 cup *Avocado Oil*

1/2 cup *Organic Honey*

4 large *Eggs*

3/4 cup *Crushed Pineapple*, lightly drained

2 tsp *Vanilla*

3 cups *Almond Meal*, fine if possible

1/2 tsp *Salt*

2 tsp *Baking Soda*

### Buttercream

2 cups *Vegan Shortening*, like Nuttelex or Spectrum

1/2 cup *Organic Honey*

1 tsp *Vanilla*

## METHOD

Preheat oven to 180°C(350°F ). Grease two 8 or 9-inch cake pans and line with baking paper; set aside.

In a large bowl, place all ingredients together, both wet and dry ingredients, and mix well until everything comes together.

Divide cake batter between the two prepared cake pans making sure you level the tops so they're all even

Bake for 35-40 minutes or until the top starts to darken. It should be a darker brown. Check the inside of the cake is cooked by testing it in the center with a skewer or toothpick. If it comes out clean then it's ready.

Remove from the oven and let cool for 10 minutes before removing from the pans and transferring to a wire rack to cool completely.

### ***To make the buttercream frosting***

Add the vegan butter to a mixing bowl and whip it on high until the butter has become very white and fluffy.

Add the vanilla and honey and continue to whip for a further 2 minutes.

This is best used immediately, so make the buttercream once your cake has cooled.

Spread 1/3 of the buttercream between the two cakes, sandwiching them together. Then spread the remaining evenly over the top and sides

We recommend finishing it with a sprinkle of crushed pecans for decoration.

**Gluten-Free | Dairy-Free**